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Celebrity Buzz

Gisele, Brady expecting a child
pg 18

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us your suggestions at ottawaletters@metronews.ca, metronews.ca or on Twitter @metroottawa.

On metronews.ca
- **Calling on all Ottawans — share your SunnySide thoughts on what makes Ottawa tick, people, places, events and architecture, on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**

Today
- **Celebrating Aboriginal culture, pg 4**
- **Ferrari Festival, pg 4**

SameSex Marriage

Over the next five days, Metro Canada is taking a closer look at the state of same-sex marriages. We will look at same-sex marriage in Canada, the United States and around the world — and introduce you to people who have gotten married, or plan to tie the knot.

Today
- **Are same sex couples walking down the aisle? pg 5**

Tomorrow
- **We introduce you to some same-sex couples from across Canada.**

Wednesday
- **After California, same-sex marriage supporters are fighting back.**

Thursday
- **We introduce you to some couples hoping to get married in the U.S.**

Friday
- **An update on the status of same-sex marriages in other countries**

TIM WIECLAWSKI/METRO OTTAWA

In 1980, Nhung Hoang and her brother escaped from Vietnam in a small boat with 39 other people and a dog. Today, she is a lawyer and is still active in helping refugees settle in Ottawa.

Becoming Canadian

Vietnam-born lawyer continues to help other refugees

Sunny Side

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

It has been almost 30 years since she left her native Vietnam.

But while she thrives in Ottawa — a city she's happily called home since 1981 — lawyer Nhung Hoang remains active in the immigrant community helping people in refugee camps.

"I have been a refugee, so I want to help them," she said. "They need a place that they can call home."

Looking back on her arrival in Ottawa, Hoang said the first time she stepped out of the hotel she was staying in, it was so cold that she had to immediately run back inside. It was a sunny day, so she just assumed it would be warm.

After all, the 25-year-old had just flown to Canada after a six-month stay in a refugee camp in Hong Kong.

Before arriving in Hong Kong, Hoang had worked as an English as a second language teacher in Danang, Vietnam.

In July 1980 — unable to tolerate life under the communist regime — Hoang's parents put her and her brother on a boat to Hong Kong.

They spent five days at sea before the Hong Kong Royal Marine Police escorted the boat to shore.

Because she could speak English, Hoang worked as an interpreter at the Red Cross clinic in the refugee camp until the Government of Canada sponsored her and her brother to move to Ottawa.

When she arrived, Hoang took a four-month course in electronics assembly at Algonquin College.

Despite a degree in education from a university in Vietnam, she could only find work in a factory. After one year in the factory, she enrolled at the University of Ottawa and got a sociology degree, which was followed by a law degree in 1988. Huang was called to the bar in March 1990.

"At the time, my mom and dad were still in Vietnam. My father worked for the former regime and they could hide some gold that they could sell to eat," she said. "That's how I could go to school. We were lucky that we didn't have to work very hard to send money back home to them."

She married Jonathan Chaplan in 1993; he's learned to speak fluent Vietnamese. They have a son, 15.

"In Canada, to use the title of an exhibition at Canadian Museum of Civilization … we are Vietnamese Boat People: No Longer," she said. "Many of us became engineers, computer programmers, medical doctors, dentists, pharmacists, professors, teachers and business people."

Fringe off to a solid start

Sunny Side

TRACEY TONG
tracey.tong@metronews.ca

FESTIVAL It's got another full week of theatre fun to go — but already, the 13th annual Ottawa Fringe Festival — which kicked off over the weekend — is shaping up to be the most successful yet, the festival's general manager said yesterday.

"It's looking like a good start," said Natalie Joy Quesnel. "We had shows sell out on opening night, and that hasn't happened in the recent past."

One of the reasons is because this year's festival features "one of the most eclectic and strong lineups that the Ottawa Fringe has seen in some time."

Held through June 28, the festival, which features 57 acts in 13 venues, is expecting 13,000 attendees, up from 12,000 in 2008, Quesnel said, adding that thousands of people attended shows downtown over the weekend.

More people are reviewing works online this year, Quesnel said.

While Quesnel listed Heebs and Dweebs, Countries Shaped Like Stars, Catgut Strung Violin and … Comes Around as some of the most popular shows, she said all shows have been doing "really well," and that "overall attendance has increased."

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It's beach season, Ottawa
Leamy Lake Beach opened for the season over the weekend. The opening, which was delayed due to high water levels, means that all of Gatineau Park's beaches — including O'Brien, Blanchet, Breton, Parent and La Pêche and Leamy Lake — are now open daily. METRO OTTAWA

Local

Diplomat facing charges

An Ottawa man faces multiple charges after police investigated a June 2 incident where a diplomat was allegedly involved in a police pursuit that resulted in a collision. Police said they are now seeking assistance from the Department of Foreign Affairs in obtaining a waiver of immunity to proceed with prosecution of the criminal charges. Marwan Al Harbi, 30, appears in court August 17. METRO OTTAWA

metronews.ca
WHAT'S ONLINE TODAY

Video Hundreds line the streets to mourn slain soldier described as 'Superman' at **metronews.ca/canada**

Immigration Guidy Mamann on the severe consequences of failing to notify the government of a change of address at **metronews. ca/immigration**

Lotteries
Friday, June 19: Lotto Super 7: 5, 12, 19, 26, 27, 29 & 40 Bonus 18 **Saturday, June 20: Lotto 6/49:** 4, 5, 19, 28, 31& 38 Bonus 34 **Sunday, June 21: Ontario Pick 3:** 2 1 4; **Ontario Pick 4 :** 6 2 6 4 **Encore:** 4561848; **Daily Keno:** 2, 6, 9, 10, 18, 19, 20, 23, 28, 30, 33, 40, 41, 44, 48, 56, 58, 64, 65 & 66. These results are not official.

ShareYourViews
ottawaletters@metronews.ca

A paddling success

This year's dragon boat festival was the 'best ever'

TRACEY TONG
tracey.tong@metronews.ca

Maggie Cartwright isn't a paddler.

But it didn't stop the Montreal resident from coming out to what organizers are calling the "best ever" Ottawa Dragon Boat Race Festival yesterday.

"I haven't missed it in about three, four years," she said. "I love the boats and the energy of it all. This beach is so lovely. And there is such great music this year that you don't have to (be involved in dragon boat) to come here."

Cartwright wasn't alone. While there were 5,000 paddlers on 190 teams from Ottawa, Toronto, Montreal, Kingston and the U.S, spectators far outnumbered the participants when more than 60,000 people came out to Mooney's Bay this weekend.

"We had a ton of spectators," said the festival's development officer Rosemary Vaughan.

In its 16th year, the event is possibly the best ever, said John Brooman, executive director of the Ottawa Dragon Boat Race Festival and the Ottawa Dragon Boat Foundation.

Mooney's Bay has been a great venue, Brooman said.

"The water is renowned for being one of the best places to paddle in North America," he said. While this serves to attract competitive paddlers from far and wide, this year, the event seems "more community oriented," as more local teams have signed up, Brooman said. Vaughan estimated that 80 per cent of the participants are from Ottawa.

TRACEY TONG/METRO OTTAWA

The Dragonhearts, a team from Vermont, paddled their way to victory in the Breast Cancer Cup at the Ottawa Dragon Boat Race Festival yesterday.

Motorcycle collision leaves one dead

PEDESTRIAN One man is dead and another in critical condition in hospital after a motorcycle struck a pedestrian early yesterday morning.

Ottawa paramedics were called to a single-vehicle crash on Baseline Road west of Clyde Avenue at 4:09 a.m., where they found a male pedestrian in his 20s who they believe was struck by a motorcycle. Paramedics said he suffered fatal traumatic injuries and was pronounced dead.

The male driver of a motorcycle, believed to be in his early 20s, was found unconscious in the median between the north and south bound lanes. He is in critical condition at the Ottawa Trauma Centre.

Police are investigating.

TRACEY TONG/METRO OTTAWA

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Cyclist suffers serious head injuries in collision

A female cyclist suffered serious head injuries after being hit by a car at the intersection of Rideau and Charlotte streets Friday afternoon. The woman, who was not wearing a helmet, is in serious but stable condition in hospital. METRO OTTAWA

Dad's day walk raises $239K

Prostate cancer event seeks to heighten awareness of disease

TRACEY TONG
tracey.tong@metronews.ca

TRACEY TONG/METRO OTTAWA

Alterna Do It for Dad run and walk founder Gary Seveny, centre, pictured with wife Louise and son Neil, started the walk 11 years ago after realizing there wasn't enough awareness about prostate cancer. He's no longer the organizer, but never misses the Father's Day event held at Carleton University.

When Gary Seveny helped to start the Alterna Do It For Dad run and walk more than a decade ago, he had no idea its cause would touch him personally.

The then-president and CEO of Alterna Bank, Seveny started the fundraiser for prostate cancer after realizing that although the disease is one of the most commonly diagnosed cancers among Canadian men, people didn't know enough about it. The event became not only a fundraiser for research and treatment, but an awareness raiser.

Nine years after the walk began, Seveny's father, Neil, died from prostate cancer.

His story wasn't unique at Carleton University yesterday, where close to 1,500 runners and walkers came out for the 11th annual event — many of whom had a similar story.

About a dozen of Pat Walsh's family and friends were out running and walking with him yesterday. The Ottawa resident, who was diagnosed with prostate cancer 18 months ago, is now recovered, said his sister-in-law Julie Retar.

"When it happens to someone close to you, your whole family is affected," said Retar.

The event raised $239,000 for the Ottawa Regional Cancer Foundation and the Prostate Cancer Association of Ottawa.

The funds raised stay in eastern Ontario for prostate research and care, said president and CEO of the Ottawa Regional Cancer Foundation Linda Eagen, whose own father is a prostate cancer survivor.

"One in seven men will be diagnosed with prostate cancer in his lifetime," she said.

The good news is, she said, "it's very curable. The trick is diagnosing it early and the challenge is to get men to see their doctors."

Powwow 'about sharing': Organizer

Sunny Side

STEVE COLLINS
for Metro Ottawa

Moose, deer, wild rice, and a hefty serving of First Nations music, dance, crafts and culture, were all on the menu at the 12th annual Noongam Powwow over the weekend in Queen Juliana Park.

Yesterday, the last day of the powwow, was also Father's Day, and co-ordinator Doug Comegan noted that many attendees had brought their young children along this year to expose them to Aboriginal culture.

"They don't know what's going on yet, but what we're trying to do is leave something behind for these young people," he said. "It's about sharing."

Among the guests this year were 18th Oshawa scout and cub troops, who camped out in their tents all weekend at the powwow, as well as taking in National Aboriginal Day events on Victoria Island and a tour of Parliament Hill.

"We've had a wonderful, wonderful time," said Scouter Pauline Kennedy, who organized the trip to Ottawa. "The powwow's been amazing."

The scouts brought their award-winning mango tango chicken for Saturday's potluck supper, sampled buffalo burgers and pitched in to keep the grounds clean of litter.

Kennedy said they also took part in yesterday's sunrise ceremony and got a chance to learn about the Aboriginal traditions behind many scouting activities, like wilderness survival, from "the people who originated a lot of the stuff we do now." They're already planning to come back next year.

Workshops

- Powwow co-ordinator Doug Comegan said plans for future powwows include cultural workshops, in which elders will explain the meanings of various dances and drumming traditions.

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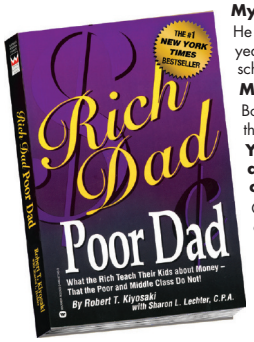

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Ferrari fundraiser sleek Italian Week ride

Sunny Side

"There goes a lot of money," one bystander observed as a procession of Ferraris rumbled up Carling Avenue yesterday morning.

True on a couple of counts, as none of these Italian sports cars could be had for much less than $300,000, and they were giving thrill rides for charity.

As part of the fourth annual Ferrari Festival, the Ottawa chapter of the Ferrari Club of America (FCA) took part yesterday in the Charity Dream Ride, offering passengers 10-minute rides for $50, with the proceeds donated to Villa Marconi, the Ottawa long-term care facility.

In the event's first three years, the club has raised some $36,000 for charity, said FCA Ottawa president Chris Fox. The weather has also co-operated every year so far, a relief because wet conditions are not the Ferrari's forte.

The Ferrari Festival was only one of many authentic Italian experiences comprising Ottawa's 35th annual Italian Week, which wrapped up yesterday. As many as 160,000 attendees were expected to take in the food, music and sporting events.

STEVE COLLINS/FOR METRO OTTAWA

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Snowbirds cleared to fly
The Snowbirds' fleet of jets has been cleared to fly in air shows again after an overhaul and inspection of its lap belts, the Department of National Defence said Saturday, CBC News Online reports. METRO NEWS SERVICES

Canada

Fire drives out naked swingers

Firefighters are still investigating the cause of a fire that forced clients of a swingers club in Montreal to flee in various states of undress Friday morning, CBC News Online reports. Five clients were trapped in rooms on the second floor. In the end, firefighters were able to break through the window and help clients — some naked, others wearing only towels or robes — escape from the second floor on ladders. METRO NEWS SERVICES

Realities of gay marriage

A look at how legal status impacts those who tie the knot

Same Sex Marriage

MAUREEN LITTLEJOHN
for Metro Canada

It has been four years since same-sex marriage was made legal across Canada and six years since it was legalized in Ontario and British Columbia. The battle to pass Bill C-38 was a triumph for Canada's gay population, but how many people are actually tying the knot? And for those who have, how has legal status impacted their lives?

Chris Higgins, 54, married her partner Chris Phibbs, 50, at a Gay Pride Eve party they threw at their Toronto home in 2005.

"I needed to confirm our relationship officially with my friends and family," she says. The couple's family includes a son they adopted in 1995.

"All steps taken in the interest of equality are important. Gay marriage cemented the right to be equal in the eyes of the law in all aspects of our lives," she notes.

For some people the right to marry is a partial victory. Clayton Chrusch, 33, a computer programmer, wed Michael Reid, 32, a university astronomy instructor, at a B&B in Dundas, Ont., in October 2003. Shortly after the wedding, they moved to Hawaii where Reid had been offered a job.

Their marriage wasn't recognized in the United States, though, and Chrusch's status was that of a tourist with no health care or job prospects. In 18 months they were back in Canada.

"Same-sex marriage in Canada is no guarantee that gay people can live their lives without unjust restrictions," says Chrusch.

The 2006 census counted 7,500 same-sex married couples.

However, there was concern about the wording on the form that requested same-sex couples mark an "other" box rather than the "married" box.

Egale Canada, an advocate group for gay, lesbian, bisexual and transgendered rights, stated many of its members had chosen not to complete the census in protest.

Canadians for Equal Marriage, a now defunct advocacy organization, reported there had been 12,438 same-sex marriage licences issued in Canada between 2003-2005, based on its own research of municipal records.

Toronto's city hall confirmed 5,603 same-sex marriage licences have been issued since 2003. Some of those went to non-residents.

ShareYourViews
ottawaletters@metronews.ca

Toronto **Art on the move**

Hieu Nguyen applies vinyl panels to a bus in Toronto. Today, three vehicles will be unveiled to launch Art on the Move.

Grit calls for funding probe

POLITICS The auditor general is being asked to probe why Conservative-held ridings got the lion's share of money from a federal program to improve building access for the disabled, including $15 million to Finance Minister Jim Flaherty's constituency.

Liberal MP Mike Savage accused the Conservatives of running a "political slush fund." Of the $38 million distributed under the Enabling Access Fund, $35.9 million went to Conservative ridings, while opposition-held ridings got a total of just $2 million, said Savage.

TORSTAR NEWS SERVICE

New evidence disrupts Taser inquiry

COURT An inquiry into the death of a Polish immigrant at the hands of Canadian police fell into disarray on Friday when the government admitted it failed to disclose potentially damaging evidence.

Inquiry head Thomas Braidwood called the failed disclosure "appalling" and ordered the inquiry put on hold until Sept. 22, so that witnesses can be recalled. Lawyers had been scheduled to begin closing arguments on Friday.

A government lawyer said she had found a Royal Canadian Mounted Police e-mail that appears to contradict statements made by RCMP officers about the night Robert Dziekanski died at Vancouver International Airport in 2007.

REUTERS

News in brief

CRASH A bus carrying a Canadian Football team in Indiana yesterday was involved in a crash that killed the driver of an SUV and hospitalized 14.

METRO NEWS SERVICES

AWARD Late Cobourg, Ont., Const. Chris Garrett, whose death five years ago likely prevented a massacre, has finally been recognized for his bravery with the Star of Courage.

TORSTAR NEWS SERVICES

Top mafia boss caught in Venezuela

A top Sicilian mafia boss on Italy's list of the 30 most dangerous men has been arrested in Venezuela, the interior ministry said yesterday. On the run since 2001 for mafia links and drug trafficking, Salvatore Miceli, 63, was arrested in Caracas, the ministry said. REUTERS

World

Calm among chaos in New York

During the seventh annual free yoga classes in Times Square in New York yesterday, more 200 participants sought peace and calm in the centre of urban chaos. Yesterday was the summer solstice, which marks the first day of summer and is the longest day of the year.

REUTERS

Protesters urged to continue

10 killed, more than 100 injured on Saturday: State media

Iranian opposition leader Mirhossein Mousavi urged supporters yesterday to continue protests over a disputed presidential election, in a direct challenge to the leadership of the Islamic Republic.

Mousavi also issued an oblique appeal to the security forces to show restraint in handling demonstrations — a move likely to be viewed with deep suspicion by a conservative leadership that has vowed to use force wherever necessary to quell opposition.

Helicopters buzzed through the evening sky over Tehran and gunfire was heard in northern Tehran, a bastion of support for the reformist former prime minister.

"Protesting against lies and fraud (in the election) is your right," Mousavi said in a statement on his website. "In your protests, continue to show restraint. I am expecting armed forces to avoid irreversible damage."

Iran state television said 10 people were killed and more than 100 others injured in protests in Tehran on Saturday held in defiance of a warning from Supreme Leader Ayatollah Ali Khamenei. A separate report put the number of deaths at 13.

Mousavi said on Saturday he was not questioning the fundaments of the Islamic Republic but sought to renew it and purge it of what he called deceit and lies.

The dispute over the June 12 election that returned to power hardline anti-Western President Mahmoud Ahmadinejad has sparked the most violent unrest since the Islamic Revolution. REUTERS

REUTERS

Supporters of defeated Iranian presidential candidate Mirhossein Mousavi gesture during a protest in Tehran last week. Mousavi said the Islamic Republic must be purged of what he called lies and dishonesty, sending out a direct challenge to conservative rulers after a week of unrest.

U.S. concern

- U.S. President Barack Obama expressed continued concern about violence and "unjust actions" taken against Iranian demonstrators yesterday during a meeting with his advisers.

73 dead in Iraq blast

ATTACK The death toll from Iraq's deadliest bombing in more than a year rose to 73, police said yesterday, a day after a suicide bomber detonated a truck packed with explosives outside a mosque in the north of the country.

More than half of the victims were pulled from the rubble and dust of around 70 clay brick homes that were flattened in the explosion near the northern city of Kirkuk, said Brig.-Gen. Najeh Mohammed, the local head of civil defence.

"We expect that there are still some dead bodies under the rubble. But the chances are less than before," said Mohammed.

Black flags and banners of mourning fluttered from poles all over the Shiite Muslim village of Taza and the victims were swiftly buried in the same part of the local cemetery.

Saturday's blast was the deadliest attack in Iraq since female suicide bombers killed 99 people in a Baghdad pet market in February last year.

Thirty-five children and 15 women were among the dead in the Kirkuk attack. More than 250 people were wounded.

REUTERS

Kirkuk

- Kirkuk is viewed as a potential flashpoint between Iraq's Shiite Arab-led central government and Kurds who view it as their ancestral homeland and want it included in their semi-autonomous northern enclave.

Britain ID's 2 dead hostages

IRAQ The dead bodies of two Britons taken hostage in Iraq in 2007 and handed to U.K. officials in Baghdad late on Friday have been provisionally identified, the British government said yesterday.

The men were among five Britons seized by an armed Shiite militant group from inside a Finance Ministry building in a raid in the Iraqi capital.

The Foreign Office said in a statement the dead men were "highly likely" to be Jason Creswell, originally from Glasgow in Scotland, and Jason Swindlehurst, from northwest England.

British Foreign Secretary David Miliband said on Saturday the three other hostages were in "grave danger."

No details about where, when or how the two men died have been made public.

REUTERS

News in brief

NIGERIA The Movement for the Emancipation of the Niger Delta said yesterday it had attacked three oil installations belonging to Royal Dutch Shell in Nigeria, widening a month-old offensive. Attacks by MEND over the past three years have cut oil output in Nigeria to less than two thirds of its installed capacity of three million barrels per day. REUTERS

Islamists vow to fight foreign troops

SOMALIA Hardline al Shaabab Islamists will fight any foreign troops that come to the aid of the Somalian government, a spokesman for the insurgent group said yesterday.

Somali parliament speaker Sheikh Aden Mohamed Madobe on Saturday called upon neighbouring countries to send military help to ward off a raging rebellion.

The African Union already has 4,300 peacekeepers in Somalia, but they are under constant attack by the Islamists that want to dislodge the government and impose a strict form of sharia Islamic law.

"We do not fear any invasion from outside," said al Shabaab's Sheikh Ali Mohamud Rage.

REUTERS

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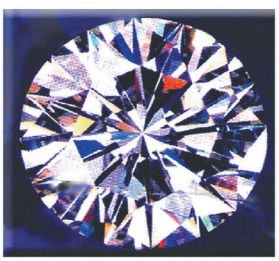
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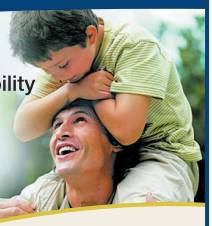
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Comment

Take pride in your deck

HineSight
Anne Hines
metronews.ca/hinesight

It's Pride week in my city and my partner, Liz, and I have hit on the perfect way to celebrate. We're going to spend the whole of parade day staining our back deck.

I remember my first Pride. I was alone, barely "out" and entirely terrified. I'd heard the thing to do was to appear naked, so I wore shorts that almost didn't cover my knees.

For me, naked is a relative term.

My first 15 minutes on Toronto's Church Street I was blasted with a high-power water gun, bumped into by two men chained together at the nipples and hit on by a woman with a pink Mohawk wearing nothing but Daisy Duke shorts and a smile. I loved it all.

My favourite Pride moment occurred years later.

A gaggle of elderly lady tourists stopped my friends and me, asking in halting English, "What is happening here?"

We said it was Gay Pride.

They consulted their translation book and announced, "We gay too!"

Later we passed them again, decked in sparkly boas, sporting temporary rainbow tattoos and slightly tipsy.

"I don't think they know what gay is," a friend said.

I suspect they did.

Over the years, Pride has changed.

You now see things you'd never expect. Like, straight people.

The ratio of straight to gay spectators has become so high they'll soon have to stock the street with gays just to keep up the image of the event.

Most gay people choose to spend the parade period engaging in other crucial social planning issues; staking out the best seats in the beer garden for when the event's over.

This year, my glorious transwoman daughter, Jade, is getting ready to attend Pride for the first time.

I have to admit, I never imagined myself saying to my child, "You're not going anywhere in just a leather mini skirt and black bra, missy. For God's sake, put on some sunscreen."

And, Liz and I?

Our way of honouring what Gay Pride has achieved is to behave in a way that would have been unthinkable in previous decades … just like any other middle age, married couple.

If gay men and women before us fought for anything, it was for being gay simply not to matter.

So, come parade day, my wife and I will raise a cold beer in gratitude to those who made our wonderful, normal life and love possible.

Hopefully on a newly stained deck.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Worth Mentioning

Views

Transit union vote could see boss ousted

InTransit
Kim Mannix Vermette
metronews.ca/intransit

Late last week, Ottawa's 2,300 unionized transit workers decided to delay a vote concerning the possibility of any future strikes.

The vote, which would've happened Thursday — but which will now likely happen in September — is a necessary next step following a proposal by union leaders to waive the right to strike and move immediately to arbitration during collective bargaining disputes.

Citing too many questions about how such a proposal would affect them, the drivers, mechanics and dispatchers involved say they need more time.

Certainly, decisions made without adequate information are not ideal.

And a decision like this, that affects not only the OC Transpo drivers, but really everyone in the city, is extra important that it not be made in haste.

When OC transit workers walked off the job for 53 long days this past winter, everyone suffered — including the drivers.

So, a plan that would ensure something like that never happens again would seem like the best solution for everyone.

But there are some not so secret questions about the leadership of the ATU local 279 union — the union representing the drivers.

Calling it "internal politics," OC Transpo president Andre Cornellier said some union members want the election of a new executive to take place before making any further votes about their future.

Depending on where your sympathies fell during the strike, the vocal and provocative Cornellier might have come across as either a villain or a hero.

The vote for a new executive will happen Wednesday and Thursday, and could very well mean that Cornellier is no longer at the helm.

But if getting some new blood in their union executive is the drivers' real motivation for delaying the vote to end future strikes, and not the call for more information, then it's a safe bet the proposal for binding arbitration will pass and we will see no more strikes.

After all, binding arbitration was what finally ended the labour dispute this past summer.

If it was a good solution then, why can't it be a good solution for the future?

If the union and the city were to make sure the buses never get parked again, it would do a lot to restore the public's faith in a system that left us in the cold last winter.

Lifelong transit rider Kim Mannix Vermette has lived in Ottawa for almost five years. She actually enjoys taking the bus.

Northern nations stress no Cold War over Arctic

OIL Arctic nations are promising to avoid a new "Cold War" linked to climate change, but military activity is stirring in a polar region where a thaw may allow oil and gas exploration or new shipping routes.

The six nations around the Arctic Ocean are promising to co-operate on challenges such as overseeing new fishing grounds or shipping routes in an area that has been too remote, cold and dark to be of any recent interest. But global warming is spurring long-irrelevant disputes, such as a Russian-Danish standoff over who owns the seabed under the North Pole or how far Canada controls the Northwest Passage that the United States calls an international waterway.

"The Arctic area would be of interest in 50 or 100 years — not now," said Lars Kullerud, president of the University of the Arctic. "It's hype to talk of a Cold War."

Still, in February, Prime Minister Stephen Harper criticized Russia's "increasingly aggressive" actions after a bomber flew close to Canada. And Russia, which is reasserting itself, sent a nuclear submarine in 2008 across the Arctic under the ice to the Pacific.

Norway recently purchased 48 Lockheed Martin F-35 jets for "exploration" and the U.S. is believed to be investing in "quieter" submarines. **REUTERS**

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Dishwashers use less resources

Energy-efficient automatic dishwashers use half the energy and one-sixth of the water to the old fashioned way, according to a study out of the University of Bonn in Germany. Sometimes it's easy being green. TORSTAR NEWS SERVICE

Going Green

Bridge made of cardboard

Japanese architect Shigeru Ban used a mixture of cardboard tubes, recycled labels and creative engineering to build a 22 metre long footbridge over the Gardon River in the south of France in the summer of 2007. METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Chemical ban targets rubber duckies

Six common man-made chemicals will be banned in soft vinyl toys and lead limits will be lowered under proposed regulations announced by Ottawa.

The regulations are a measure "to help ensure that products intended for children are safe," said Health Minister Leona Aglukkaq in a press release.

"This not only catches us up with the U.S. and Europe, it's somewhat better than their regulations," said Rick Smith, executive director of Environmental Defence. Without new rules, Canada risked becoming a dumping ground for toxic toys that were illegal to sell in other markets, said Smith.

Is this the death knell for the iconic rubber duck, the symbol of toxic toys? "Not at all," said Smith. "It's the rebirth of the rubber duck." A phthalate-free ducky is already available.

The government also proposed lowering lead limits in a range of consumer products, including young children's playthings, teethers, baby bottle nipples as well as mouthpieces worn in sports and used with musical instruments.

The new limit, 90 milligrams of lead per kilogram, is among the strictest in the world, according to Health Canada. Lead is toxic to the nervous system.

In recent years, phthalates, which are man-made chemicals, have come under fire as studies have linked them to a range of developmental concerns and reproductive problems, especially in boys.

Inside the body, phthalates mimic natural hormones, throwing off normal development. Studies have shown that the body is sensitive to these hormone disruptors even in small doses.

Science has also shown that exposure in early life can have health consequences in adult life, including increased risk of breast cancer, explained Smith. In the U.S., the phthalate ban in kids' toys became law last year, while in the European Union it dates back to 1999.

On the ban list

- The proposed changes will ban six chemicals known as phthalates from soft vinyl toys and child-care articles, such as school supplies and vinyl bibs.

In response to Health Canada's proposal, the American Chemistry Council, representing manufacturers of the chemical, issued a statement yesterday that there was no scientific basis to believe that restricting phthalates would improve health or protect children.

The proposed regulations now enter a 75-day comment period. After that, modifications might be made before the proposals are submitted for final approval.

TORSTAR NEWS SERVICE

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Solar/LED street light smartest: Developer

SMART Eco Alternative Solutions has developed a Solar/LED street light that it says is smarter than existing systems. Together with Echelon's Smart Server system, it says cities will now have control over their street lighting infrastructure including allow users to dim, completely turn off, preprogram times, assess current ambient weather conditions, and adjust accordingly along with many other customizable features.

In a 9-1-1 call emergency, for example, the street lights closest to the home can be set to begin flashing to notify emergency response units that they are in the correct vicinity.

The system can even be controlled with an iPhone, as the mayor of San Francisco demonstrated in March when the city launched its LED test pilot, Eco Alternative said.

Echelon's technology is used in streetlight systems in Oslo, Norway, Ville de Quebec, Canada and cities in France and Germany, with demonstration sites in Anchorage, Alaska, San Francisco and San Jose, Calif., the company said.

Eco Alternative Solutions is accepting applications for a free 90-day trial of their ISS Solar/LED street light. The deadline for the applications is Friday.

METRO NEWS SERVICES

Debunking green gardening myths

RESULTS Coast-to-coast, Canadians are searching for new ways to reduce their carbon footprint. Springtime provides an opportunity to extend environmentally friendly practices to the outdoors, but many homeowners question whether they can achieve lush results without pest-fighting chemicals.

"There's a myth that eco-friendly gardening equals sparse lawns and feeble plants," said Mark Cullen, Home Hardware's gardening expert and author of The Canadian Garden Primer.

"Homeowners can create a healthy and natural environment by focusing on eliminating toxins through pesticide-free solutions and incorporating robust native and indigenous plants that do not need an abundance of water to survive the summer heat."

Mark Cullen gives gardeners the facts when it comes to gardening:

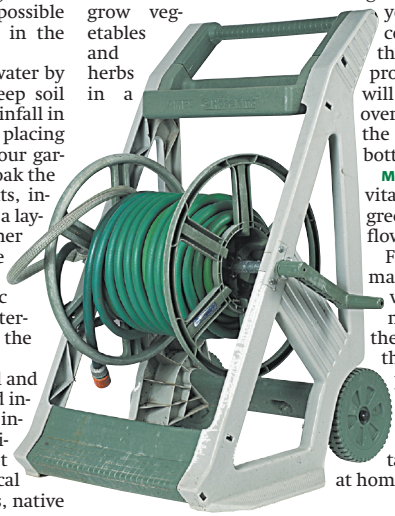
MYTH #1 It is impossible to conserve water in the summer months.

False. Conserve water by using mulch to keep soil moist, capturing rainfall in water barrels and placing soaking hoses in your garden to uniformly soak the soil. For best results, install hoses beneath a layer of mulch to further reduce moisture loss.

MYTH #2 Exotic plants are better-equipped to handle the summer heat.

False. Think local and cultivate native and indigenous plants to increase natural biodiversity cycles. Best suited to survive local weather conditions, native plants also have a greater tolerance towards local pests.

MYTH #3 It is difficult to grow vegetables and herbs in a container.



False. Cultivate an organic food source and grow vegetables and herbs in your garden or in a container. Not only is this a practical approach, but the plants will complement your overall garden and ease the pressure on your bottom line.

MYTH #4 Pesticides are vital to keep grass green, plants lush and flowers blooming.

False. Use compost materials to help cultivate your garden by naturally enriching the soil with nutrients that will enable your plants to thrive.

More information on how to create an environmentally friendly garden at homehardware.ca.

NEWS CANADA

Pull the plug
Unplug your chargers when you're not charging you're your cellphones, PDAs, digital cameras, cordless tools and other gadgets, says the National Resources Defence Council. Keep them unplugged until you need them. TORSTAR NEWS SERVICE

Environmental myth or half-truth?

EarthTones

We were recently visiting with a friend who said she really wanted to be a responsible environmentalist, but found it difficult to know what to believe. The problem for her, as for all of us, is that she is constantly bombarded with conflicting information or "twists" on information.

The problem we find is individuals and organizations will tell you the Truth as they see it. Everyone is sharing an opinion, too often disguised as fact. It's a particular problem in the online age where information is disseminated long before it is vetted.

We had thought to write an article on environmental myths this week. Many industry groups and environmental organizations dedicate web space to debunking the "myths" perpetuated by other groups.

What is striking is how often two rival camps will cite the same studies and authorities, but select those elements that support their respective world views.

For example, a major business organization debunks the myth that we face a crisis in global deforestation, citing a UN report that forest cover is increasing in the U.S. and Europe and that 73 per cent of tropical rainforests remained intact. An environmental organization cites the same report, but emphasizes the sections detailing the rate of rainforest loss and the change in forest habitat in areas of regrowth.

"Many industry groups and environmental organizations dedicate web space to debunking the 'myths' perpetuated by other groups."

So, who's right? Who do we listen to? In answer to both questions, everyone and no one. It would be easier to have a single authority we could trust to distill the information and give us an answer to the questions "Nuclear or Coal? Cloth or Disposable? Organic or Conventional? Ginger or MaryAnn?" However, we have seen how well the single voice of truth has played out in some countries. So the onus is on all of us to trust no single source of information, but to read many sources representing different views. Most will convey some part of the truth, few will convey it all. But don't take our word for it, read someone else.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Rival camps will often cite the same studies to support their views, such as answering questions like Nuclear or Coal?

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Child, mom may be 'CEO' of household

CHARGE Does your household have a Chief Environment Officer or a "CEO?" For some Canadians, it might be a child who leads the charge on environmental activities in the home, like separating garbage from recycling. For many other households, mom leads the way.

The recent TD Friends of the Environment Foundation "CEO" poll revealed that most Canadian households have a Chief Environment Officer. More than half (52 per cent) of respondents said a woman is their household "CEO," compared to 36 per cent saying their Chief Environment Officer is a man.

Interestingly, the poll found that children are the number 1 influence on environmental behaviour, with more than one in four respondents acknowledging their children influenced them to be more environmentally responsible.

"Canadian families are changing the world, one backyard at a time," says Mary Desjardins, executive director, TD Friends of the Environment Foundation. "With 92 per cent of respondents saying their household has a 'Chief Environment Officer,' it is clear that Canadians are committed to and passionate about environmental responsibility."

Canadians were also asked to rate their household's environmental friendliness: 18 per cent rated their household as an "A" while 61 per cent gave their household a "B."

NEWS CANADA

5 Green tips if you're going out camping this summer

Before you head out to one of Canada's beautiful parks for that much anticipated camping trip, consider the following tips that will enhance your camping experience and care for the environment.

1 Sort your garbage: Bringing different waste bags to separate food scraps and other garbage from paper waste can be helpful. When sorted, recycled fibre paper napkins can multitask to help you start a campfire later.

2 Use reusable dishes: Do not use styrofoam and plastic picnic dishes and flatware. Washing dishes can be a chore, but it will reduce the amount of garbage you produce onsite.

3 Repackage food: Remove all food packaging and repack it in reusable containers. Don't bring individual packed food items, and clean up all food scraps while camping.

4 Meal time: When eating, you can use White Swan napkins to help keep mess to a minimum. Made from 100 per cent recycled paper and created using environmentally sustainable manufacturing process, they have less of an impact on the environment.

5 Bathroom etiquette: Bring and use one-ply products like White Swan bathroom tissue because it's made from 100 per cent recycled fibre and breaks down faster.

NEWS CANADA

Use reusable dishes and mugs to reduce garbage onsite.

Worst is over, Soros says

The worst of the global economic crisis is over, multi-billionaire financier George Soros told Polish news channel TVN24 yesterday urging the creation of international regulations to oversee global markets. REUTERS

Business

Ground broken for spaceport

New Mexico Governor Bill Richardson, left, broke ground Friday on construction of Spaceport America, the world's first facility built specifically for space-bound commercial customers and fee-paying passengers. The $198-million project, which is being funded by the New Mexico state government, is located on a remote high-desert range near the town of Truth or Consequences. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Nortel says it will sell advanced wireless unit

Telecom equipment maker Nortel Networks said on Friday that it will sell its advanced wireless technology business to Nokia Siemens Networks for $650 million US and that it was making progress in talks to sell its other businesses.

Nortel, once the largest North American maker of telecommunications gear, collapsed into bankruptcy in January, blaming the economic crisis for derailing a turnaround effort that began in 2005.

Nokia Siemens, a joint venture of Nokia and Siemens, had made an unsolicited offer for parts of Nortel's carrier network group, but the price and scope of a deal had been unclear.

The telecom equipment industry is consolidating and leaving only a few global players — market leader Ericsson, Huawei, Nokia Siemens and Alcatel-Lucent.

The deal will allow Nokia Siemens to expand its presence in North America and make it a leading supplier of wireless infrastructure products in the region, it said in a separate statement announcing the deal.

The transaction includes Nortel's CDMA business and LTE assets. CDMA is the technology that lost the battle for global dominance but still has a strong position in some markets, including North America. Nortel has a roughly 30 per cent share of the global CDMA market.

LTE is a new high-speed wireless technology that is intended to replace current mobile networks. LTE networks are slated to be deployed in the coming years by large wireless carriers including Vodafone Group Plc. and Verizon Communications Inc.

REUTERS

Employees

- Under the terms of the deal, at least 2,500 Nortel employees in Canada, the United States, Mexico and China have the opportunity to keep their jobs under Nokia Siemens Networks ownership.

Apple Low-key launch of new iPhone

ROBERT GALBRAITH/REUTERS

Adam Jackson displays his Apple iPhone 3GS after becoming the first customer to purchase the product at the company's retail store in San Francisco on Friday. Apple's latest iPhone hit stores on Friday with new features and faster speeds, drawing some fans, but not the crowds that had swarmed the previous iPhone launches.

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Apple CEO Jobs had liver transplant: Report

RECOVERY Apple Inc. chief executive Steve Jobs underwent a liver transplant operation about two months ago and is expected to return to work by the end of June, The Wall Street Journal reported Saturday.

Jobs, a pancreatic cancer survivor, has been away on medical leave since January for an undisclosed condition.

An Apple spokesman did not confirm the Journal report but said, "Steve continues to look forward to returning to Apple at the end of June and there is nothing further to say."

The Journal, citing an unnamed source, said Jobs may return to work part-time at first.

Apple has been dogged for months by rumours about Jobs' health. Some shareholders in the past have complained about the company's lack of disclosure about the well-being of its CEO.

Analysts have said Wall Street is prepared for Jobs, 54, to shift to a new role that would allow him to focus on big-picture issues and products while chief operating officer Tim Cook manages the day to day.

Jobs is widely seen as the driving force behind Apple's famed innovation machine, which has produced category-defining products such as the iPod and the iPhone. REUTERS

Rare cancer

- In 2004, Jobs was treated for a rare type of pancreatic cancer called an islet-cell, or neuroendocrine, tumour.

Xstrata seeks merger talks

MINING Xstrata wants talks with mining rival Anglo American about a proposed merger of equals worth about $76 billion, seeking increased scale and cost synergies, Xstrata said yesterday.

Anglo is likely to resist the attempt by Xstrata to forge a larger mining group better able to compete with bigger competitors BHP Billiton, Vale and Rio Tinto, a source close to the situation said.

Xstrata, which has a market value of $37 billion, said in a statement it recently sent a proposal to Anglo, worth $39 billion. REUTERS

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Vettel takes British GP

Germany's Sebastian Vettel won the British Formula One Grand Prix in a Red Bull one-two yesterday. Australian Mark Webber finished runner-up, 15.1 seconds behind the 21-year-old, with Brazilian Rubens Barrichello in third place for Brawn GP. REUTERS

Sports

Sundin out for Olympics

Mats Sundin, left, will not play for Sweden in the Olympic hockey tournament next year. "There will be no Olympics in Vancouver for me," Sundin was quoted as saying on the Swedish newspaper Expressen's website. Sundin said he is still pondering his future in the NHL and did not rule out playing another season with Vancouver. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

U.S. Open enters Day 5

Barnes, Glover tied after three rounds; Weir six strokes back

Americans Ricky Barnes and Lucas Glover held a share of the lead after one hole in the U.S. Open final round yesterday as the weather-delayed tournament spilled over into a fifth day.

PGA Tour rookie Barnes, surprise pacesetter after the second and third rounds at Bethpage Black, bogeyed the par-four first after driving into the left rough to join playing partner Glover at 7 under, five ahead of the chasing pack.

The duo then teed off at the par-four second, Barnes again ending up in the left rough while Glover found the fairway, before the siren sounded to end play for the day in fading light.

Although they had the option to complete the hole, the co-leaders decided to leave the course and will return for the resumption of the final round at 9 a.m. local time today.

Former world No. 1 David Duval, making a popular return to form after eight years in the golfing wilderness, was among their closest challengers, bogeying the first to lie 2 under overall after two holes.

Level with Duval in a four-way tie for second were fellow Americans Hunter Mahan and three-times major winner Phil Mickelson, plus Britain's Ross Fisher.

Mahan and Bethpage crowd favourite Mickelson had 16 holes to play while Fisher was yet to complete the second.

Mike Weir of Bright's Grove, Ont., was at 1 under after going 1 over through the first three holes of his final round.

Triple champion and holder Tiger Woods, who won the 2002 U.S. Open at Bethpage, was seven shots off the pace, having knocked in a six-foot birdie putt at the par-four seventh shortly after play was suspended for the day.

Players were sent out in pairs from the first and 10th tees for the final round, which organizers hope to wrap up by around 2 p.m. local time.

The 109th U.S. Open was forced into a fifth day after heavy overnight rain delayed the resumption of the third round by 4½ hours yesterday morning. REUTERS

Queen's Plate Run a horse to water

MIKE CASSESE/REUTERS

Eye of the Leopard is cooled off with a water hose after winning the 150th running of the Queen's Plate horse race yesterday in Toronto. The 2-1 favourite took the lead in deep stretch and went on to win.

Sports in brief

CANADIENS SALE Montreal Canadiens owner George Gillett and Geoff Molson issued a joint statement Saturday saying they have an agreement in principle for the Molson family to purchase the storied NHL club. Details weren't released, but reports said Gillett's 80.1 per cent interest should exceed $500 million and could even top $600 million.

SWIMMING American swim star Michael Phelps won the 100-metre freestyle yesterday in a time of 48.65 seconds at the Canada Cup in Montreal. Matthew Targett was second in 48.87 seconds. METRO NEWS SERVICES

Federer to open Wimbledon in Nadal's stead

TENNIS Roger Federer may well feel like an imposter when he steps out to open Centre Court proceedings at Wimbledon today.

The 27-year-old Swiss has been given the honour usually bestowed on a reigning champion after his great rival and title holder Rafael Nadal pulled out of the grasscourt major with a knee injury before a ball had even been struck.

That left officials in no doubt about who should step in for the Spaniard.

"I shouldn't deserve it this year because Rafa deserves it but am obviously very honoured that the championships chose me again to open the tournament," said Federer, whose five-year Wimbledon reign was ended by Nadal in a spectacular five-set final last year.

"I shouldn't deserve it this year because Rafa deserves it."
Roger Federer

The newly-crowned French Open champion, who became only the sixth man to complete a career grand slam, will begin his pursuit of a record 15th grand slam title against the only Asian man in the draw, Lu Yen-hsun of Taiwan.

While British fans have already started anticipating a Federer-Andy Murray final on July 5, they will have to wait until tomorrow to catch a first glimpse of the third seed.

Instead, local supporters can exercise their vocal chords by cheering on 15-year-old Laura Robson, who earned a wildcard thanks to her run to the junior title 12 months ago.

She and her opponent Daniela Hantuchova have been given the honour of contesting the first match on the new 4,000-seater Court Two. REUTERS

Overbay carries Jays past Nats

MLB RESULTS

Toronto 9 Washington 4

BASEBALL Lyle Overbay went 3-for-5 with a solo homer and five RBI, as the Toronto Blue Jays routed Washington 9-4 in the finale of a three-game interleague series at Nationals Park.

Alex Rios doubled and knocked in three runs for the Blue Jays, who managed to take one game in the series. Toronto has won four of six overall.

Ricky Romero (4-3) earned the win after working seven solid innings. The rookie left-hander gave up two runs on eight hits, struck out six and walked three. METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST	W	L	Pct	GB
Boston	42	27	.609	-
New York	38	31	.551	4
Toronto	38	33	.535	5
Tampa Bay	37	34	.521	6
Baltimore	32	37	.464	10
CENTRAL	W	L	Pct	GB
Detroit	38	31	.551	-
Minnesota	35	36	.493	4
Chicago	33	36	.478	5
Kansas City	29	39	.426	8.5
Cleveland	29	42	.408	10
WEST	W	L	Pct	GB
Los Angeles	36	30	.545	-
Texas	37	31	.544	-
Seattle	35	34	.507	2.5
Oakland	30	38	.441	7

NATIONAL LEAGUE

EAST	W	L	Pct	GB
Philadelphia	36	31	.537	-
New York	34	33	.507	2
Florida	35	36	.493	3
Atlanta	32	36	.471	4.5
Washington	20	47	.299	16
CENTRAL	W	L	Pct	GB
St. Louis	39	31	.557	-
Milwaukee	37	32	.536	1.5
Chicago	34	31	.523	2.5
Cincinnati	34	34	.500	4
Houston	32	35	.478	5.5
Pittsburgh	31	38	.449	7.5
WEST	W	L	Pct	GB
Los Angeles	45	24	.652	-
San Francisco	37	31	.544	7.5
Colorado	36	33	.522	9
San Diego	30	38	.441	14.5
Arizona	29	41	.414	16.5

YESTERDAY
Colorado 5 Pittsburgh 4

TODAY
Chicago Cubs at Atlanta
St. Louis at N.Y. Mets

INTERLEAGUE
YESTERDAY
Toronto 9 Washington 4
Baltimore 2 Philadelphia 1
Boston 6 Atlanta 5
Chicago Cubs 6 Cleveland 2
Chicago White Sox 4 Cincinnati 1
Detroit 3 Milwaukee 2
Florida 6 N.Y. Yankees 5
Houston 4 Minnesota 1
San Diego 4 Oakland 1
San Francisco 3 Texas 2
Seattle 3 Arizona 2
St. Louis 12 Kansas City 5
Tampa Bay 10 N.Y. Mets 6
L.A. Dodgers at L.A. Angels

TODAY
Colorado at L.A. Angels
San Francisco at Oakland

TOMORROW
Cincinnati at Toronto
Boston at Washington
Chicago Cubs at Detroit
Cleveland at Pittsburgh
Philadelphia at Tampa Bay
Baltimore at Florida
N.Y. Yankees at Atlanta
St. Louis at N.Y. Mets
Kansas City at Houston
Minnesota at Milwaukee
L.A. Dodgers at Chi. White Sox
Texas at Arizona
Colorado at L.A. Angels
San Francisco at Oakland
San Diego at Seattle

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www.artottawa.ca

Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

Not enough nurses

Educators in Newfoundland and Labrador say there is not enough space in the province's nursing school to train the individuals interested in the occupation, and N.L.'s nursing shortage is likely to get worse. By 2012, the number of nurses retiring every year may match the number of new nurses graduating. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

One dentist says that one of the best parts of the job as opposed to a medical doctor, is you do not have to do a residency, will never be on call 24-hours a day and can work a consistent schedule.

Dentistry: Smiles aren't easy

Tooth focus allows for convenient schedule, but it's not often people will like you

Head to **Toe**

MAT LECOMPTE
for Metro Canada

There are three absolute truths about dentists:

- They can make a good living;
- They have a regular schedule compared to their medical counterparts;
- They really have to work hard to make sure people like them.

After all, with the drilling, discomfort and the fingers-in-mouth they so generously provide, it's easy to see why Walt Disney didn't pick one for face of the franchise.

"No one wants to go to a grumpy dentist," says Dr. Jasmin Fitch of Stouffville, Ont. "A lot of it is about making sure the patients are happy and comfortable. You have to be a people person."

Fitch, 26, has been working up in Kirkland Lake, Ont., for the past 11 months upon graduating from the University of Toronto's Faculty of Dentistry. She admits that most of her patients may not necessarily like what she does, but she takes the necessary steps to ensure they like her.

"You want to make it a memorable, fun experience for them and not just about the work itself," she says. "It's important to take their minds off the work I'm doing."

Whether she's got a five-year-old in the chair for a check-up or a 55-year-old saddled up for a root canal, her approach is the same — find some common ground, be fun and have a good time (or as good a time as possible). She finds staying current with TV shows ranging from Dora the Explorer to American Idol help this, as does randomly breaking in to an impromptu radio sing-a-long. After all, she wants to make sure she has an enjoyable day, as well.

With a child of her own due in mid-summer, she also appreciates the schedule dentistry allows her. A self-admitted "Monday to Friday, nine-to-five kind of girl," she likes the way she can book appointments during the weekdays and leave her work at the office in the evening. For someone considering a career in health sciences, this is an important consideration.

Fitch points out that as opposed to a medical doctor, she did not have to do a residency, will never be on call 24-hours a day and can work a consistent schedule. It was these lifestyle factors that greatly helped when choosing which avenue she wanted to pursue in the life sciences.

Set to return from Kirkland Lake in early June, Fitch is excited about getting her career rolling in the GTA. She feels she now has the experience under her belt to enter a more competitive market. In fact, the reason she went all the way up to Kirkland Lake was "to get the most experience as possible in the shortest amount of time."

Working at the only clinic in hundreds of kilometres, she was able to book patients to fill her days months in advance. With the concentration of dentists in Toronto, she says, the same opportunities for young dentists simply don't exist.

For more of the Head to Toe exclusive series check Workology frequently or stop by: **metronews.ca/work**

Requirements

If you're interested in pursuing a career as a dentist, here are the academic requirements you'll likely need to get into a good dental school:

- One full-year course (or two half-year courses) in general biochemistry;
- One full-year course (or two half-year courses) in human or animal physiology;
- Two full-year courses (four half-year courses) in life sciences;
- One full-year course (two half-year courses) in Humanities or Social Sciences;

–MAT LECOMPTE

Sewing patterns into fabrics, quilts and careers

OddJobs

Diane Peters

Metronews.ca/oddjobs

Nova Scotia-born Laurie Swim started sewing at around age 10. Her mom bought a machine and the young girl quickly took it over.

She started out with clothing. She once made a reversible ski jacket. Her grandmother did not believe it was her own creation.

At age 16, she made her first quilt.

"It just spoke to me. The colours, the texture," says Swim.

She studied art at Mount Allison University and the Nova Scotia College of Art and Design. After graduation, she apprenticed with two weavers in Denmark.

Overseas, she began to miss quilting, and when she came back to Canada had a woman who lived near her family home in Lockeport help her create a black and white quilt she called Eve's Apple.

The dramatic piece was a far cry from a bedspread: People were shocked by its bold look. "It was considered revolutionary at the time, it broke with tradition," says Swim.

The Nova Scotia Designer Craft Council accepted it for its exhibition that year, and it won best in show. Swim took it and another quilt down to New York City, and pictures were published of them both in major U.S. craft magazines.

Swim moved to Toronto in the mid 1970s and continued with her creations and landed some corporate commissions, including a 64-foot piece for the Bank of Nova Scotia.

For a few years, Swim, her husband and their son lived in Kingston, Ont. There, in 1995, she worked with the Kingston and District Labour Council to create a quilt memorializing the building of the Rideau Canal. The council and members of the community helped Swim source fabric, cut it up into thousands of thumbnail size pieces, and sew.

Now 60, Swim has numerous community art projects, gallery shows and three books on her resumé. She and her husband recently moved back to Nova Scotia, where Swim has been inspired by local history and the Maritime landscape.

She spends her mornings on her computer, answering emails. She goes to her storefront studio in Lunenburg — which is not far from her home — around 11. She brings home hand sewing to do in the evening. And, day or night, she's always got her digital camera on hand to snap pictures of the landscape around her for images and inspiration.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Alliance Française
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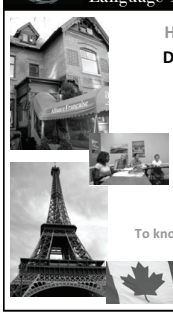

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Whitford, Kaczmarek file for divorce
TV vets Bradley Whitford and Jane Kaczmarek filed divorce papers on Friday in Los Angeles, People reports. The couple married in August 1992. TVGUIDE.COM

Entertainment

Heigl returns
Katherine Heigl will return to Grey's Anatomy for Season 6, according to a statement from ABC. The news comes after T.R. Knight's Grey's Anatomy exit was finally confirmed. TVGUIDE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Nickelback are tops

MuchMusic Video Awards welcome the glitterati to T.O.

BRIAN COULTON
for Metro Canada

The top nominated band was also the most victorious at last night's MuchMusic Video Awards, with Nickelback taking home three out of the five awards it was up for.

The Vancouver-based band triumphed in the categories Video of the Year, MuchLOUD Rock Video of the Year and Post Production of the Year for the music video version of single Gotta Be Somebody from the band's 2008 release, Dark Horse.

The MMVAs, which annually shuts down the streets surrounding MuchMusic's Toronto headquarters at Queen and John streets, didn't stray from tradition, as fans thronged the area around the outdoor red carpet, hoping to see the host of musicians and celebrities in attendance.

Their enthusiasm for the event was evident when co-hosts the Jonas Brothers took the stage to perform at the top of the show. A gaggle of audience members met the New Jersey pop act with screams, setting an energetic tone for the show.

SAUL PORTO/FOR METRO CANADA

"The hip hop that I grew up on was real music, talking about where you're coming from, what you're going through and trying to come up with something original." Classified a.k.a. Luke Boyd

Gossip blogger Perez Hilton also drew cheers when, on the red carpet, he bypassed the security fence to meet his fans and sign autographs. Professing his appreciation of the city and country, Hilton said, "I love that Toronto feels like a real city … Canada, like Lady Gaga, embraced us before anyone else."

New York electronic dance artist Lady Gaga was an early winner of the night, taking home the International Video of the Year — Artist award for her single Poker Face, thanking her fans, "God, and the gays," before performing later in the night.

Other victorious artists included Toronto-based R&B newcomer Danny Fernandes, who picked up the Pop Video of the Year honour, Toronto alternative rock band Billy Talent who, with their fathers accompanying them, received the International Video of the Year by a Canadian award.

SAUL PORTO/FOR METRO CANADA

Above: Lady Gaga stole the show last night with a performance of LoveGame and Pokerface, complete with fire cracker boustier. Lady Gaga won best international video artist.

Left: Black Eyed Peas, performing Boom Boom Pow, took home hardware for best international video group for the same song.

Nova Scotia rapper Classified, a.k.a. Luke Boyd, took home the MuchVibe Hip Hop Video of the Year award, a victory for the artist who said he considers the music he makes a lot different than the mainstream.

"The hip hop that I grew up on was real music, talking about where you're coming from, what you're going through and trying to come up with something original. I feel like I should have been in the 90s making hip hop," he said with a laugh.

For a recap of events at the MuchMusic Video Awards go to: **metronews.ca/blogs**

Michael Bay, right, gives direction on the set of the upcoming film Transformers: Revenge of the Fallen.

Transformers director films sequel in Egypt

NED EHRBAR
for Metro Canada

Michael Bay is adamant about one thing: There's nothing he hates more in the movie business than waste.

"Hollywood is so rife with waste," he says, sneering. As an example, he cites directors who building "elaborate, million-dollar sets" then decide not to shoot on them. "That would never happen on one of my shows."

Instead of building million-dollar sets, Bay got to take the $200 million US production of Transformers: Revenge of the Fallen to Egypt to film on the pyramids, something most filmmakers can only dream of.

And it was all thanks to Zahi] Hawass, the Secretary General of the Egyptian Supreme Council of Antiquities. "Dr. Hawass was a big fan of Transformers. That's why he let us shoot there."

Bay's "it's got to be loud" philosophy has led to bombastic hits like The Rock, Bad Boys and Armageddon. But it's also led to lemons like The Island and Pearl Harbor. Naturally, he doesn't think his latest giant robot opus will fall into the latter category.

Strapping in for the roller-coaster this time around — along with returning stars Shia LaBeouf and Megan Fox — is Ramon Rodriguez, a young actor with a season of The Wire and this summer's The Taking of Pelham 1 2 3 under his belt.

Bay sees Ramon's role as an extension of the audience. "He's never seen any of these things. So that adds for comedy," Bay explains. "And Ramon's quite funny."

"I end up getting sucked up into this world of robots and my world is completely flipped," adds Rodriguez.

For Rodriguez, working for the notorious task-master was more than a little intimidating, but he found his feet quickly thanks to a particularly exhausting audition.

"For an hour and a half, he had me running jumping and diving all around his furniture, acting like I was running from robots. And I left the room completely sweaty and drenched."

• Transformers: Revenge of the Fallen opens in theatres this Wednesday.

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Wright on
Queen Latifah is preparing to hate neither the player nor the game in her next project, Just Wright, a romance in which she'll star opposite Common. POPEATER.COM

Miley tour bites scalpers back

TICKETS As Miley Cyrus prepares to hit the road this fall, the spotlight is shining on what was once a relatively minor piece of the touring puzzle: The ticket.

Or in this case, the lack thereof. Cyrus' tour will use paperless tickets, and that's causing a commotion, mostly among the scalpers who infamously made so much money from her last tour.

The 2007-08 Hannah Montana/Miley Cyrus Best of Both Worlds trek grossed $55 million US and sold about one million tickets to 70 shows reported to Billboard Boxscore. But it also provided outraged parents with a bitter introduction to secondary vendors, who scooped up tickets and sold them at huge markups. The resulting controversy made Cyrus the poster child for what many perceived as an out-of-control resale market.

Now Cyrus' fall tour will make history as the first arena-level trek to embrace paperless ticketing in an attempt to thwart resellers. As is the case with airlines, those who purchase the tickets must be on hand with their credit card to gain admission.

FREDERICK M. BROWN/GETTY IMAGES

Miley Cyrus hits the road this fall.

"The focus was, 'How do we take all the information we gathered last time out and do a better job of it?'" says Jason Morey, Cyrus' manager and president of Morey Management Group, an affiliate of Ticketmaster Entertainment's Front Line Management. "It was important to us to address the issue of demand. We thought that of every single option that was available out there, this was a really viable option, to go with the paperless ticketing."

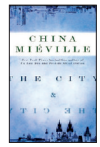
Those associated with the tour say feedback has been generally favourable and that tickets are selling well, with nearly 500,000 purchased already. The fact that they're not blowing out immediately as they did on the last tour is evidence that brokers aren't flooding the system, they say.

Meanwhile, secondary market players are crying foul, protesting that they're being shut out from buying Cyrus tickets, or at least hindered, and predicting entrance chaos, and a consumer backlash, at concerts. Morey disagrees. "Scalping is a really important issue to Miley," he says, "but really the focus is about giving the regular fan an opportunity to buy a really good ticket at face value." REUTERS

A darker tale of two cities

The City & the City

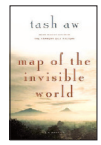
Author: China Miéville
Publisher: Ballantine Books
Price: $30 (Hardcover)



In a dark, distant future, Inspector Tyador Borlú is investigating a woman's murder in the European city of Beszel. But when he senses the case is related to greater, more lethal schemes, Inspector Borlú decides to take his case international. But "international" to the residents of Beszel actually means travelling to the city Ul Qoma, which inhabits the exact same physical geography as Beszel, separated by space and time. When Borlú ventures out of his city, he's faced with more than just a crime to solve, but the highly divisive attitudes of each city's dwellers and their motivations to overtake their rival metropolis.

Map of the Invisible World

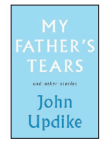
Author: Tash Aw
Publisher: McClelland & Stewart
Price: $32.99 (Hardcover)



In 1960s Indonesia, brothers Adam and Johan are struggling with their paths, but in different places. Abandoned by their mother as children, Johan ended up in Malaysia, enjoying the luxuries of his wealthy adopters. But he can't shake leaving his brother behind, leading him to a destructive lifestyle. Meanwhile Adam, 16, is abandoned once more as Karl, the Dutch man who raised him, is imprisoned in an effort to rid the country of colonial remnants. On his quest to reconnect with Karl, Adam must face danger in Jakarta, with just a few photos and letters as his guide.

My Father's Tears

Author: John Updike
Publisher: Knopf
Price: $32 (Hardcover)



My Father's Tears is a posthumous collection of short stories by Pulitzer Prize-winning author John Updike, and his first anthology of this kind since 2000. Stories range in time from the 1920s to post-9/11, and explore a variety of international locations, classes and life stages. In the title story, Updike's narrator recalls his father crying when he left home to attend Harvard, considering how his son would now only grow farther from gim. In Varieties of Religious Experience, Updike observes 9/11 from four points of view — a lawyer losing faith, an anti-American Muslim, a World Trade Center office worker and an on-flight passenger.

— BRIAN COULTON/ FOR METRO CANADA

BookPicks

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **The Proposal:** $34 million US
2. **The Hangover:** $26.9 million
3. **Up:** $21.3 million
4. **Year One:** $20.2 million
5. **The Taking of Pelham 1 2 3:** $11.3 million
6. **Night at the Museum:** $7.3 million
7. **Star Trek:** $4.7 million
8. **Land of the Lost:** $4 million
9. **Imagine That:** $3.1 million
10. **Terminator Salvation:** $3.1 million REUTERS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

DT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/22/09	265	353	2	TVO	Time Team		The Agenda With Steve Paikin		Midsomer Murders		In Korea with Norm Christie		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Painless" (HDTV)		Lie to Me (HDTV)		Cold Blood (N)		News
	-	-	5	SRC	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
	209	342	6	CHRO	The Road to Avonlea		Gossip Girl (HDTV)		*The School of Rock* ★★★ (2003, Comedy) Jack Black.				Comedy Now
	196	311	7	CTV	Hollywood	etalk	Big Bang Th	Two/Half Men	Criminal Minds		CSI: Miami (HDTV)		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Triple Sensation (DVS)		Just for Laughs		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	I'm a Celebrity... Get Me Out of Here! (Live)				Dateline NBC		News (N)
	117	713	10	TVA	Les Gags	Le Petit Monde	Ma Maison Rona (SC)		Monk (HDTV) (SC)		TVA 22 heures	Sucré-salé	*Liaison*
	-	-	11	QS	C't'une joke	C't'une joke	CSI: NY Le docteur. (SC)		Pratique privée (SC)		Donnez au suivant		Call TV
	137	763	12	TFO	Panorama été	Tshinanu	Metropolis "Meurtre à Paris"		*Belle de jour* ★★★★ (1967, Drame) Catherine Deneuve.				Facteur
	-	362	13	CBS	Dr. Phil (HDTV)		How I Met	Engagement	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)		Two/Half Men
	216	395	14	OMN2	Raymond	According-Jim	News (N)		News (N)		Two/Half Men	King	Shift Focus
	214	344	15	CITY	Law & Order: SVU		The Bachelorette (N)				Here Come the Newlyweds (N)		News (N)
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	How I Met	Engagement	The Soup (N)	Wildest TV	Final 24		News (N)
	-	361	20	ABC	News (N)	Entertainment	The Bachelorette (N)				Here Come the Newlyweds (N)		News (N)
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Comités du Sénat				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Painless" (HDTV)		Lie to Me (HDTV)		News (N)		News
	-	-	64	PBS	Business Rpt.	Wings-Canada	Antiques Roadshow		History Detectives (N)		Make 'em Laugh: Funny		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	Big Bang Th	Two/Half Men	Criminal Minds		CSI: Miami (HDTV)		News (N)
news	502	390	26	NW	CBC News	Our World	The Hour		CBC News: The National		Pedigree Dogs Exposed		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	PartyPoker.net Irish		Week-Baseball	UFC: Access	Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	Draft Ranking	Golf TELUS World Skins Game -- Day 1. (HDTV) From Levis, Que.					SportsCentre (HDTV) (Live)		
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Departures		Survivorman		Bounty Hunter	Bounty Hunter	Departures
	417	406	59	SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy
family	554	544	48	TEL	Total Drama, Drama Island		6TEEN "2-4-1"	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach (DVS)		Mystery Hnt.
	570	580	29	MM	I'm a Celebrity, Get Me Out.		I'm a Celebrity... Get Me Out of Here!				Entourage	I'm a Celebrity, Get Me Out.	
	615	520	31	A&E	CSI: Miami "Sunblock"		Intervention "Chad"		Intervention "Jason" (N)		Obsessed (HDTV) (N)		Crime 360
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		4th and Long (HDTV) (N)		Jesse James
cable variety	521	560	34	TLC	Little Couple	Little Couple	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Cake Boss (N)	Cake Boss	Jon & Kate
	145	761	35	TV5	Clara Sheller		Vie privée, vie publique				Club social		Journal TV5
	616	521	39	SHO	Outer Limits		Cashing In	Kink in Hair	*Termination Point* (2007, Suspense) Jason Priestley.				House
	620	523	40	BVO	Ahead of the Curve		Grey Horse Rider		In the Shadow of the Blues		Ferron: Girl on a Road		Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs Barrel making. (N)		American Loggers (N)		Daily Planet
	575	583	43	CMT	Cheer Moms	Cheer Moms	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Greatest
	601	562	45	SLC	Skin Deep	Til Debt-Part	Newlywed	Newlywed	Nearly Dead	Nearly Dead	In Laws	In Laws	ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Comedians of Comedy Live		Daily Show
	294	529	47	TBS	House-Payne	House-Payne	House-Payne	House-Payne	*Four Brothers* ★★ (2005, Crime Drama) Mark Wahlberg.				Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	My First Place	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Nature Unleashed: Volcano* (2004, Suspense)				Stargate SG-1
	581	566	53	MTV	Teen Cribs	After	MTV News	Room Raiders	Living on Edge	Living on Edge	Living on Edge	Sweet 16	MTV Live
	618	524	54	TROP	Once a Thief		Carlawood (N)	Prod. Parker	Ground Up		Are You Smarter		Weekend
	522	506	55	HIS	NCIS "Boxed In"		Tank Overhaul		For King and Empire		NCIS "Boxed In"		Sea Hunters
	129	773	60	CD	Biographies (HDTV)		Paradis perdus (HDTV)		Images-chocs		Scènes de crime (HDTV)		National Geo
	261	394	61	V	Murder, She Wrote		Green Grass	Summer Wine	SOUL "Twice"		The Protestant Revolution		Poltergeist
	602	567	62	W	How Clean	Friends	How Clean	Kim	Love It or List It		The Agents (N)	House	Maxed Out
	269	350	70	APTN	Notre Peuple		Tam	Pachamama	*Le Silence des fusils* (1996, Drame) Jacques Perrin.				Tshinanu
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model		Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	Chuck-Day Off	Food Jammers	Glutton-Punish.	Food Detective	Get on Plate	100 Mile Challenge		Restaurant

critics'corner

Triple Sensation
So you think you can dance? Fine, but can you sing and act? In this compelling competition, starting its second season tonight, young performers put their singing, dancing and acting abilities on the line for a $150,000 Middlefield Scholarship. Successful auditioners move on to the "master class" phase, where they polish their skills under the tutelage of renowned instructors. The opener covers the Toronto auditions. 8 PM on 8 CBC

Rules of Engagement
After a long and frustrating series of assistants who were hired more for their, um, physical assets than their actual skills, Russell (David Spade) discovers that having a male assistant can be beneficial — especially if he is as awesomely efficient as Timmy (Adhir Kalayan). Audrey (Megyn Price) makes a bet with Jeff (Patrick Warburton) that she can commit to finishing a project after she volunteers to read to the elderly in "Voluntary Commitment." 8:30 PM on 13 CBS, 18 E!

Egg-cellent side project

Reese Witherspoon has become a chicken farmer, femalefirst.co.uk reports. The actress is tending to the birds on her California ranch and has been handing out freshly laid eggs to her friends. METRO NEWS SERVICES

Celebrity Buzz

Good riddance to Doug: Hiltons

DATING THE FAMILY Paris Hilton may have moved on from her recently ended relationship with Doug Reinhardt, but it seems members of her family aren't happy leaving it alone.

"The stories out there about our family not approving of their relationship are completely true," Hilton's aunt, Kyle Richards, told E! News. "Doug was riding Paris' coat tails. The breakup affected me in a good way. It's definitely time for Paris to move on."

Hilton's mom, Kathy Hilton, agreed: "I think Paris needs to be with someone who is a bit more mature, older and has their own thing."

METRO WORLD NEWS

Madonna and child together

HAPPY ENDING Less than a week after winning custody of young Mercy James, Madonna and her new adopted daughter were united in London this weekend, according to media reports. The child arrived early Saturday after flying from Malawi via South Africa.

According to sources, Madonna and child made their first stop at the London Kabbalah Center, accompanied by her other children, Lourdes, Rocco and David.

Ex-husband Guy Ritchie reportedly accompanied them for a ceremony before heading off with the two sons.

Madonna is expected to head back to New York with her children in the next few days.

METRO WORLD NEWS

Ryan and LiLo hit the town

PARTY PALS Ryan Seacrest hit the town with Lindsay Lohan recently, partying at the Chateau Marmont and nightclub H.Wood before retiring to Lohan's place, where the police reportedly showed up at 3:30 a.m. because of a noise complaint, according to E! News.

The pair then moved the party to Seacrest's house at about 4 a.m., where Lohan stayed until the next morning.

But according to Seacrest's Twitter, it was all business. "Met with Lindsay last night about a show idea I have for her," he wrote. "It helps people and gives others a second shot. Still putting it all together."

METRO WORLD NEWS

Jacko pleads legal ignorance

IN SELF-DEFENCE Michael Jackson is asking a judge to throw out the lawsuit his former publicist filed against him, on the grounds he was never served with legal papers, femalefirst.co.uk reports.

Raymone Bain, the singer's longtime rep, is seeking $44 million US in unpaid earnings from him. She was handed a default judgment in the case after Jackson failed to respond to the complaint — but he's pleading ignorance.

In a new declaration obtained by TMZ.com, Jackson claims he had no idea Bain was trying to sue him.

Bain's papers reveal how she tried in vain to serve Jackson with the papers, but could not breach the tight ring of security that surrounds the King of Pop. Bain reveals in the lawsuit all about her former boss' "impulsive and irresponsible" habits.

She claimed, "The magnitude of his spending is legendary as he has earned and dissipated several fortunes.

"Mr. Jackson's pattern has been to spend to the brink of insolvency and then borrow against his assets to further feed his spending would give any other individual a moment of pause.

"Mr. Jackson exhibited and continues to exhibit impulsive and irresponsible spending habits without regard to the financial limits of his earnings."

METRO NEWS SERVICES

Jen and Bradley take it slow

NEW FLAME Jennifer Aniston is dating Bradley Cooper, femalefirst.co.uk reports.

The actress — who has remained single since she split from singer John Mayer earlier this year — was spotted enjoying an intimate, late-night dinner with her He's Just Not That Into You co-star on Thursday.

A source told people.com: "It was a date. She is taking it slow. She is obviously looking for love, but is not about to rush into anything."

The two enjoyed a romantic candlelit supper at Manhattan's Il Cantinori before leaving together and climbing into the back of a waiting vehicle.

This is not the first time the pair has been romantically linked.

A few weeks ago, they reportedly spent an evening flirting with each other at a party for the 40-year-old actress' latest comedy movie Management.

METRO NEWS SERVICES

Gisele pregnant?

BÜN IN THE OVEN Gisele Bündchen is pregnant with Tom Brady's second child, according to People magazine.

The couple's reps have not confirmed the pregnancy, but the famous couple is known for trying to keep things quiet. The Brazilian supermodel is reportedly due early next year. Brady has another child, a son, with actress Bridget Moynahan.

METRO WORLD NEWS

Ricky waffles on gay question

SNEAKY Puerto Rican singer Ricky Martin has opened the door to further speculation about his sexuality, after being asked about rumours he was gay by TV Aqui magazine. The 37-year-old, who recently became a father to twins via a surrogate mother, said his "heart could belong to a woman or a man."

METRO WORLD NEWS

GETTY IMAGES

Shia: What's my job again?

CONFUSED Actor Shia LaBeouf, 22, doesn't understand his job, femalefirst.co.uk reports.

He said: "I don't even really know what it is I do for a living ... You're making a lot of money, getting a lot of accolades and positive criticism ... There's no business model for this. You can't go home and say, 'You did your job today,' because I don't know what my job is!"

METRO NEWS SERVICES

Leighton sex tape unearthed?

VENGEFUL EX? Gossip Girl star Leighton Meester is the latest to find herself in the middle of a sex tape controversy. A website posted clips of the video, including scandalous use of her feet, online Friday, making the full item available to paying customers.

According to Page Six, sources who've seen the whole tape say the feet featured in the video are Meester's. TMZ claims that the video was made a few years ago by an ex-boyfriend. The actress' reps had no comment.

METRO WORLD NEWS

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Wednesday Sunny 26°/ 15°

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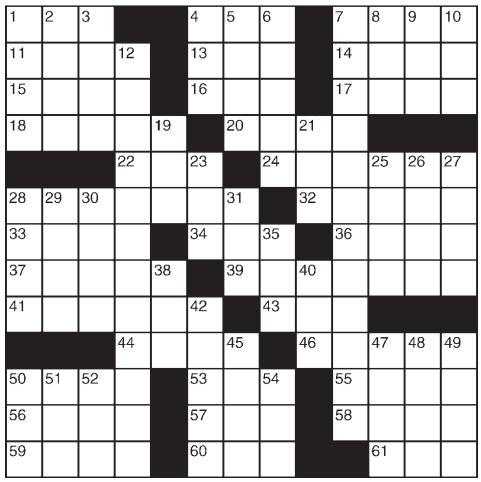

Crossword across

1 U.K. TV network
4 King (Latin)
7 9-Down, for one
11 Came to earth
13 Corroded
14 "— Lang Syne"
15 Assess
16 Chatter
17 Note from the boss
18 Rosemary's partner?
20 Bound
22 Tiny legume
24 Fasteners
28 Graceful animal
32 Otherwise
33 Furniture brand
34 Reverence
36 Mischievous Norse god
37 Dynamite constituent
39 Authorize
41 Slow crawlers
43 Eg. and Syr., once
44 Ardor
46 Rosters
50 "Scat!"
53 Freedom, for short
55 Willy Wonka's creator
56 Chess piece
57 Victory sign
58 On the Mediterranean
59 "— Karenina"
60 Roulette bet
61 Explanation

Crossword down

1 Homer's imp son
2 Mediocre
3 Metropolis
4 Tatter
5 And others (Latin)
6 Three-masted sailing ship
7 Home of the Buccaneers
8 Regret
9 Shade provider
10 Tokyo's old name
12 Suburb of Phoenix
19 Conger, e.g.
21 Will Smith biopic
23 Carte intro
25 Winter forecast
26 Jab
27 Use a teaspoon
28 Traps
29 Related
30 Catherine — -Jones
31 Ram's mate
35 Ostrich-like bird
38 Bullring bravo
40 Crony
42 Spirited attack
45 Told a whopper
47 Beauty pageant ID
48 "The Cosby Show" role
49 Cabbage salad
50 Hot tub
51 — Solo
52 Possess
54 Foundation

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8			3		2			1
		5			1			
				7			2	
4	6			2				9
		2	7		8	1		
7				4			5	3
	5			1				
			5			7		
9			6		7			4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	P	E	R	A		G	N	U
R	I	C	E	R		R	I	D
B	E	L	I	E		E	C	O
		I	N	N	A	T	E	
A	S	P		A	G	E		A
R	I	S	K		L	L	A	M
G	R	E	A	S	E		S	A
			H	U	T	C	H	
B	E	G	U	N		H	E	S
O	M	A	N		B	O	N	N
E	C	U	A	D	O	R		O
R	E	G		N	O	D		O
S	E	E		A	B	S		P

A	C	S						
R	O	T						
E	C	O	N	O	M	Y		
O	M	E	N					
A	W	A	R	E				
S	A	Y	E	R	S			
S	C	A	T					
S	P	Y						
O	R	A	T	E				
O	N	S	E	T				
P	S	Y	C	H				

8	3	9	4	6	7	5	1	2
4	7	5	1	2	9	8	3	6
1	2	6	8	3	5	9	7	4
5	4	8	3	7	2	1	6	9
9	1	2	6	8	4	7	5	3
3	6	7	5	9	1	4	2	8
7	9	4	2	5	6	3	8	1
6	5	3	9	1	8	2	4	7
2	8	1	7	4	3	6	9	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Turkey Saltimbocca brochettes

INGREDIENTS:

1 1/4 cups (300 ml) long-grain rice
Salt and black pepper
1 lb (450 g) sliced turkey breast
2 tbsp (25 ml) red pesto sauce
4 slices Parma ham
12 large fresh sage leaves
Canola oil for greasing
8 cherry tomatoes
2 lemons

METHOD:

1. Preheat grill to high and put kettle of water on to boil.
2. Put rice into pot and add salt and 2 1/2 cups (625 ml) boiling water. Stir to separate grains, cover and simmer 10 minutes. Remove from heat and let stand, covered, 5 minutes.
3. Meanwhile, rinse and dry sage leaves. Place turkey slices between two sheets of plastic wrap and pound with rolling pin until about 1/2 in. (1 cm) thick. Spread pesto over one side of each turkey slice, cover with slice of ham, and lay sage leaf on top, then season with pepper.
4. Roll up each piece of turkey and ham from long side. With very sharp knife, cut rolls into pieces about 1 in. (2.5 cm) long.
5. Holding each piece firmly to prevent unrolling, divide rolls among 4 skewers, carefully inserting skewers through sides.
6. Lightly oil baking tray, lay brochettes on top and broil 5–6 minutes per side, or until rolls are golden and turkey juices are no longer pink.
7. Rinse and halve cherry tomatoes and add to rice. Wash wax from lemons. Finely grate rind of one lemon over rice and mix thoroughly. Cut other lemon into wedges and set aside.
8. Spoon rice onto warmed plates, place skewers on top and pour over any pan juices. Serve garnished with lemon wedges.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
A new moon in the domestic area of your chart promises a new start and an end to recent upsets and upheavals.

TAURUS
APRIL 21-MAY 21
Your mood will improve considerably today, not least because you discover that your cash flow situation is not as bad as you feared.

GEMINI
MAY 22-JUNE 21
You can still enjoy the good things in life but as from today you will need to be a bit more aware of how much they cost you.

CANCER
JUNE 22-JULY 22
Make your plans now and make them as big as you dare. What you begin over the next 24 hours is destined to be a huge success.

LEO
JULY 23-AUG 23
You need to stop buzzing around here, there and everywhere and take time out to evaluate some of the things you are doing in life.

VIRGO
AUG 24-SEPT 22
Activities you take part in with friends will go extremely well today. Your energy and enthusiasm will also impress employers and other important people.

LIBRA
SEPT 23-OCT 23
Not everyone will agree with what you intend to do over the next few weeks. But only you have the right to decide how you will use your time and energy.

SCORPIO
OCT 24-NOV 22
You will discover a new sense of direction and a new motivation over the next few days. Today's new moon will point you in the right direction. Get going.

SAGITTARIUS
NOV 23-DEC 21
If you need monetary advice today or at any time this week you must call in an expert. Let someone else work it out for you — if they can.

CAPRICORN
DEC 22-JAN 20
Common sense or emotions? Which one do you follow? Just this once it might pay to follow your heart rather than your head.

AQUARIUS
JAN 21-FEB 18
You have been extremely active in recent weeks but now you need to go a bit easier on yourself. Think of your physical and mental health.

PISCES
FEB 19-MARCH 20
One of the best times of the year begins for you with today's new moon in Cancer, so make your plans big and believe that you will accomplish great things.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. P.E. basketball hoop edge (1)
2. "17 Again" star Efron's hay piles (1)
3. Invoice Jack's nursery rhyme mate (1)
4. Use a razor on a jack or varlet (1)
5. Catch sight of dirigibles (1)
6. The Grinch creator's Bullwinkles (2)
7. More resentful trash can ignorer (3)

ANSWERS
1. GYM RIM 2. ZACS STACKS 3. BILL JILL 4. SHAVE KNAVE
5. GLIMPSE BLIMPS 6. SELUSS MOOSES 7. BITTERER LITTERER

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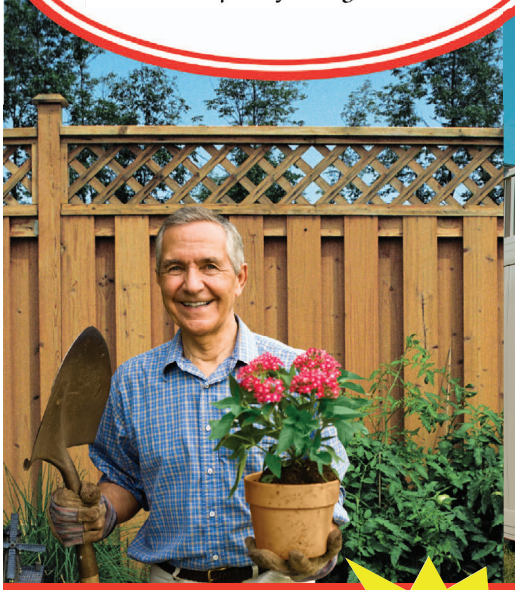

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